

## **WHAT IS CLAIMED IS:**

1. A personal hydration system to facilitate the delivery of fluid from a reservoir, through a tube, to an open end of said tube comprising:
  - a pump having a mouth-actuated switch and connected to said tube to provide, when said switch is mouth-activated, a flow of fluid to said user.
2. The personal hydration system of claim 1, wherein said mouth-actuated switch includes:
  - a sensor responsive to an action of said user's mouth at said open end, and
  - an electrical circuit operably connected to said sensor to provide power to said pump.
3. The personal hydration system of claim 2, wherein said sensor includes the ends of conducting wires, wherein said electrical circuit is responsive to changes in the resistance between said conducting wire ends, and wherein said action is the touching of conducting wire ends by the lips of said user.
4. The personal hydration system of claim 2, wherein said switch includes a mechanical switch on said open end, wherein said electrical circuit is responsive to said mechanical switch, and wherein the action of the mouth of said user is the touching of the user's lips against said mechanical switch.
5. The personal hydration system of claim 1, wherein said pump is a mechanical motor, an electro-mechanical motor, or electronic motor.
6. The personal hydration system of claim 1, further including a bendable support for said tube.
7. The personal hydration system of claim 1, wherein said pump is mechanically powered.
8. A personal hydration system to facilitate the delivery of fluid to a user from a reservoir, through a tube to an open end of said tube, said system comprising:
  - a pump mechanically connected to said tube to provide a flow from said reservoir to said open tube end; and
  - a switch including a sensor responsive to an action of said user's mouth at said open end and an electrical circuit operably connected to said sensor to provide power to said pump.

9. The personal hydration system of claim 8, wherein said sensor includes the ends of conducting wires, wherein said electrical circuit is responsive to changes in the resistance between said conducting wire ends, and wherein said action is the touching of conducting wire ends by the lips of said user.
10. The personal hydration system of claim 8, wherein said switch includes a mechanical switch on said open end, wherein said electrical circuit is responsive to said mechanical switch, and wherein the action of the mouth of said user is the touching of the user's lips against said mechanical switch.
11. The personal hydration system of claim 8, wherein said pump is powered by a mechanical motor, an electro-mechanical motor, or electric motor.
12. The personal hydration system of claim 8, further including a bendable support for said tube.
13. The personal hydration system of claim 8, wherein said pump is mechanically powered.
14. A personal hydration system to facilitate the delivery of fluid from a reservoir, through a tube, to an open end of said tube comprising a bendable support attached to said tube.